



WHATSheATE



Chicken Enchiladas Verde



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 1 teaspoon chili powder
- ☐ 10.8 ounce campbell's® condensed cream of chicken soup fat free 98% canned Regular or
- ☐ 6 6-inch corn tortillas warmed
- ☐ 1 teaspoon oregano leaves dried crushed
- ☐ 2 cups meat from a rotisserie chicken shredded cooked
- ☐ 0.5 cup mexican cheese blend shredded
- ☐ 0.3 cup water

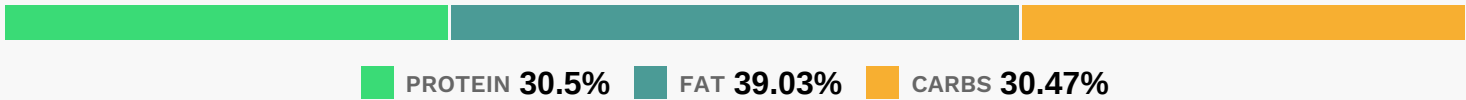
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oven to 400 degrees F. Stir the soup, water, chiles, oregano and chili powder in a medium bowl.
- ☐ Stir 1 cup soup mixture, chicken and 1/4 cup cheese in a medium bowl.
- ☐ Divide the chicken mixture among the tortillas.
- ☐ Roll up the tortillas and place seam-side down in a 2-quart shallow baking dish.
- ☐ Pour the remaining soup mixture over the filled tortillas.
- ☐ Sprinkle with the remaining cheese. Cover the baking dish.
- ☐ Bake for 30 minutes or until the enchiladas are hot and bubbling.

Nutrition Facts



Properties

Glycemic Index:16.42, Glycemic Load:6.6, Inflammation Score:-6, Nutrition Score:8.9013043408809%

Nutrients (% of daily need)

Calories: 220.03kcal (11%), Fat: 9.55g (14.68%), Saturated Fat: 3.43g (21.44%), Carbohydrates: 16.77g (5.59%), Net Carbohydrates: 14.51g (5.28%), Sugar: 0.66g (0.73%), Cholesterol: 47.93mg (15.98%), Sodium: 550.54mg (23.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.78g (33.57%), Phosphorus: 231.7mg (23.17%), Vitamin B3: 4.47mg (22.32%), Selenium: 15.58µg (22.25%), Vitamin B6: 0.29mg (14.5%), Calcium: 109.75mg (10.97%), Iron: 1.94mg (10.78%), Zinc: 1.52mg (10.15%), Fiber: 2.26g (9.03%), Vitamin C: 7.33mg (8.89%), Magnesium: 35.26mg (8.82%), Vitamin B2: 0.15mg (8.81%), Manganese: 0.15mg (7.58%), Copper: 0.14mg (7.08%), Potassium: 222.77mg (6.36%), Vitamin B5: 0.63mg (6.27%), Vitamin A: 304.9IU (6.1%), Folate: 18.23µg (4.56%), Vitamin K: 4.74µg (4.51%), Vitamin B1: 0.07mg (4.38%), Vitamin B12: 0.25µg (4.17%), Vitamin E: 0.56mg (3.72%)